

GUANTANAMO BAY Gazette Online Edition

www.nsgtmo.navy.mil

March 22,
2002

BRIEFS

AACC seeks new officers
The African American Cultural Committee needs new officers for the following positions: President, Vice President, Secretary, Treasurer, and Public Relations. The positions need to be filled by April 2002 in order to ensure a complete turnover of duties. Doing things decently and orderly is a tradition of the AACC. We hope that all interested persons will support our fine GTMO community by looking within themselves and seeing if they have what it takes to become an officer on this committee.

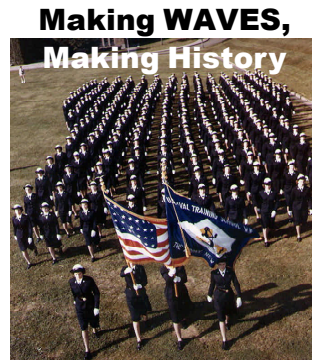
This past year the AACC has succeeded in bringing forth our vision to educate, enhance and support Guantanamo Bay residents in the preservation and continuation of African American history and culture.

We have found that it takes three key things to be successful: commitment, dedication and motivation. If you have these traits, we encourage you to run for an office on the AACC. Don't wait! Elections will be held soon. For more information on the duties of office or to volunteer for a position, call Cynthia Johnson, AACC President, at 3664, or Yolanda Jones, AACC Vice President, at 7-1280.

School Invites Musicians to Show and Tell
March is "Music in the Schools" Month and WT Sampson Elementary school would like to invite any community musicians to share their talent and love of music with our students by visiting our school this month. Please call Mrs. Shirley Baggett (2307) to schedule a day time during school hours. This will be a "Show and Tell" forum where the students will be able to ask pertinent questions after listening to their visitor.

Motorcycle Safety Courses
A Motorcycle Safety Course (AAA Approved) is tentatively scheduled April 3.

Continued on page 3



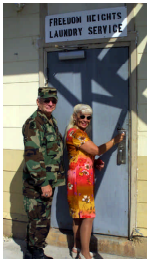
World War II WAVES in training at Hunter College in New York march behind their color guard. (National Archives Official US Navy Photo)

March is Women's History Month (see Presidential Proclamation, page 6) what better time to pay tribute to the history-making women of the military.

WAVES, or Women Accepted for Volunteer Emergency Service, made history. After a twenty-three year absence, women returned to general Navy service in August 1942. In the decades following World War I only a small group of Navy Nurses represented their gender in naval service, and until the WAVES no

woman had been given a formal officer status. Although the name WAVES implied the women would only be around during wartime "Emergency," their service proved so invaluable, that on June 12, 1948, President Harry Truman signed Public Law 625, the Women's Armed Services Integration Act, abolishing the Women's Auxiliary Reserve. It was now possible for women to enter the U.S. Navy in either reserve or active duty status.

GUANTANAMO BAY



"Let's see what's behind those numbers!"
Left: First up to the washer — Spc. Steven Bird of 342nd MP Company has his choice of machines as he separates his whites from his darks and is the first to benefit from the new laundry center.

New JTF Laundry Center Opens

The new Freedom Heights Laundry Service center opened its doors Friday, March 6, at 9 a.m., and its first customer walked through the door five minutes later.

Now open 24 hours a day, seven days a week, the facility is the result of efforts to improve the quality of life for the troops at Freedom Heights (aka Camp X-Ray).

NAVSTA PWD, Kvaerner Process Services, and the NAVSTA Housing Department had the facility renovated and in operation in one week.

Open to Freedom Heights personnel only, the facility will close after personnel relocate to the permanent detention facility which includes a staff laundry facility.



Above: The new facility houses 16 washers and 21 dryers.

Left: First up to the washer — Spc. Steven Bird of 342nd MP Company has his choice of machines as he separates his whites from his darks and is the first to benefit from the new laundry center.

GAZETTE

Anthrax Vaccine Announcement Expected Within the Month

By American Forces Press Service

Defense officials expect to announce within a month what shape the new anthrax vaccine immunization program will take.

In 1998, DoD began an aggressive program to vaccinate all service members against the disease — a potential biological warfare agent. The vaccination program came under public criticism because of some service members' fears about the vaccine's safety.

Critics became more vocal when DoD officials scaled back the program several times due to vaccine shortages. Report, the site manufacturer of the vaccine, worked with the Food and Drug Administration (FDA) for over three years to gain approval of its renovated facilities as supplies of FDA-released anthrax vaccine dwindled.

Report received final FDA approval in January to resume production and distribute more vaccine. Defense Department officials are now looking at how, or even whether, to continue the previous program of full vaccination of all service members.

"We're undergoing a very thorough process over the last several weeks looking at options and have discussed those with people both on the military medical side as well as the non-medical side (and) civilian leadership, and we will soon be making some announcements," said Dr. William Winkewender, the assistant secretary of Defense for health affairs. He said he understands the concerns service members have, and wants to ally any fears among the troops and the American public.

DoD is working with the Centers for Disease Control and Prevention in Atlanta, Ga., on clinical studies on how the vaccine is administered. Currently, the FDA-approved regimen is six shots over 18 months.

DoD officials would like to find out if that could be reduced to five or even four shots over a shorter period of time, said Army Col. Randy Randolph, director of the Anthrax Vaccine Immunization Program Agency.

See Vaccine, page 4



A Navy Corpsman administers the anthrax vaccine

BRIEFS

8. All personnel who ride a motorcycle on base are required to attend. Space is limited so riders are not to later than the day of business March 1. Personnel who ask for the course after March 1 will be wait-listed. For more details, call 4525 or 4528.

Iganas Crossing seeks volunteers, donations

Volunteers are needed for your local coffee shop, Igana Crossing.
Donations of coffee, milk, sugar, honey, cream and fruit bags. Baked goods donations are also always appreciated.
Please call 2121 to volunteer for a shift or for more information.

Avoid April 15 Tax Rush, Come to Tax Center Today

The April 15 tax deadline is exactly one month away. Have your final year taxes yet? If not, come to the tax center and let us help you.

The ELIVITA Center's doors are open at the White House. During normal working hours, appointments and walk-ins will be taken. However, appointments are preferred because (1) receptionists can advise you what documents are necessary, and (2) appointments reduce the waiting time.

Additional hours will be set for after normal working hours and weekends. VITA representatives will also provide service to members of JTF-160 at the Pink Palace. For more information, call 4492.

Treasures and Trivia accepting donations

Treasures and Trivia don't want to accept donations of household items designed to improve the quality of life for JTF personnel. Items dropped off at the base or in the collection box but must be designed for JTF use only. These items are placed in a special JTF merchandise area.

Also, please note the thrift store's new hours: Monday, 9 a.m. to 2 p.m.; Wednesday, 2 to 6 p.m.; and Saturday, 9 a.m. to 2 p.m. We are located across from the new theater and gas station.

Get Recycling T-shirts

Recycling T-shirts are available at the JTF-160 Recycling Center, located at the base of the JTF-160, this Saturday, March 16 from 9 to 11 a.m. To receive a FREE shirt, you must turn in 20 recycling tickets.

For more information, contact Trip Lobos at 4402 or 4403.

U.S. Naval Base Guantanamo Bay, Cuba

GAZETTE

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Energy Conservation

Replace incandescent lamps with compact fluorescent lamps for up to 80 percent reduction in electricity use.

Force Protection Tip of the Week

Develop friendly relations with your neighbors; be considerate of them.

Water Conservation

Total Used
6,946,876.0
Daily Avg
992,410.9
Daily Goal
750,000
We spent **\$38,090.44**
OVER our goal last week.

MARCH 2002 TIDAL DATA

DATE	TIME	LEVEL	TIME	LEVEL	TIME	LEVEL	TIME	LEVEL
15	03:36	-0.01	09:56	0.05	15:54	0.07	22:08	0.97
16	04:12	0.05	10:20	0.87	16:18	0.02	22:50	1.03
17	04:54	0.12	10:44	0.80	16:42	0.03	23:32	1.09
18	05:42	0.19	11:14	0.73	17:12	-0.08	—	—
19	00:20	1.14	06:36	0.27	13:38	0.68	17:48	1.13
20	01:08	1.18	07:30	0.34	12:14	0.64	18:30	-0.18
21	02:08	1.22	08:36	0.38	12:56	0.61	19:24	-0.21

March is National Nutrition Month The Benefits of Breakfast

Submitted by Lt. Donna Sporer, RD
USNVI GTMO

You've heard it before: "Breakfast is the most important meal of the day." Ever wonder why? Breakfast is important for refueling your body after a night's sleep. The eight or more hour time span between dinner and breakfast is the longest span between any of three meals of the day. While you are sleeping, the body needs fuel to keep your heart beating, nerves transmitting, and cells dividing, just to name a few. Much of that fuel comes from the readily available stores of glucose in the blood, liver and muscles. By sunrise, the body is essentially in a fasting mode. That first meal of the day literally breaks the fast. That's why breakfast is so important, especially if you exercise in the morning.

If you skip breakfast, blood sugar levels drop, fatigue, poor concentration, irritability and lethargy result. During intense or long duration exercise, your muscles need the fast-burning energy that comes from carbohydrates. Without it, your performance will suffer because of low blood sugars and depleted energy stores. A quick high-carbohydrate breakfast that includes a low-fat protein source may be all it takes to boost your morning workouts and keep your energy levels high throughout the day.

Some good breakfast ideals: whole-grain cereal, a banana and skim milk; egg substitute, whole wheat toast and ½ a grapefruit; a flour tortilla or pita filled with cottage cheese and fresh fruit or an English muffin topped with an ounce of low-fat melted cheese and a glass of orange juice.

Other good reasons to eat breakfast include:

- By eating a nutritious breakfast, one that includes at least serving of fruit, you have better chances of reaching the

recommended five servings of fruit and vegetables a day. Dozens of studies have shown that people who eat plenty of fruit and vegetables have a lower risk of heart disease, cancer, and other chronic diseases.

- Start your day with a bowl of breakfast cereal, and you're more likely to get all the nutrients you need. That's because most cereals these days are fortified with many of the important vitamins and minerals your body needs to stay healthy.

- The best breakfast cereals are rich in fiber, something most of us don't get enough of. Experts say we need 25 to 30 grams of fiber a day to be our healthiest.

In a study published in the *American Journal of Clinical Nutrition* in September 1999, Harvard University scientists found that women who ate 23 grams of fiber a day, mostly from cereal, were 27% less likely to have heart attacks than those who consumed only 11 grams.

- If you're trying to drop a few pounds, coming down to a healthy, high-fiber breakfast could be the key to success. One reason may be that high-fiber foods fill you up on fewer calories. Fiber also slows the digestive process, which in turn wards off hunger pangs later. That's especially important in the morning.

Finally, the key to a healthy start to your day is to follow these simple rules: If you're a seasoned breakfast skipper, consider changing your ways and start eating breakfast, even if you aren't hungry. It takes two to three weeks to reset the appetite clock. After that, you should notice a boost in energy and fewer problems with overeating later in the day. Make sure breakfast includes at least one, preferably two, servings of fruit. Lastly, make sure your breakfast includes high-fiber foods like toasted whole grain bread, high-fiber cereal, or oatmeal. That's all you need to be well on your way to a daily helping of energy and good health!



Vaccine, from page 3

Randolph said the CDC is ready to begin recruiting volunteers for clinical studies designed to determine if the number of doses can be reduced, while maintaining the same level of immunity. Any change will require FDA approval.

The study will also look at the method of administering the vaccine to see if it's possible to reduce the injection site reactions currently reported. The most common side effect associated with the anthrax vaccine is a localized, minor reaction at the site of injection. Randolph said roughly 30 percent of men and 60 percent of women report minor reactions less than an inch in size.

More serious reactions are rare, he said.

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Less than one percent of men and women showed the vaccine report a local reaction of larger than five inches.

Today, the only FDA-approved method of injecting the vaccine is to do so subcutaneously — meaning it is injected just below the skin. A pilot study indicated injecting the vaccine into muscle tissue, called intramuscularly, might reduce such reactions, Randolph said.

Local reactions are not dangerous, but Randolph said they are still worth trying to reduce. "No one likes swelling, and no one likes pain and redness," he said.

Winkewer said DoD began vaccinating troops "in response to a perceived threat of

anthrax being used as a biological terror agent."

government and media offices in October 2001 when those concerns to have been well-founded.

Whatever form the military vaccination program takes now, Winkewer said he is confident this vaccine works and is safe.

"Our primary concern is the safety and the health of the service men and women and the families," Winkewer said. "On the basis of the clinical data we've seen and the very extensive work we've done and others outside of DoD have done to look at the safety and effectiveness (of the anthrax vaccine), we believe — and I personally believe — that this is a safe and effective vaccine."

For information on anthrax, go to <http://www.anthrax.mil>.

Navy Medicine Initiative: Birthing is a Family Affair

By Brian Badura

Bureau of Medicine and Surgery Policy Affairs

Military families having babies at Navy treatment facilities will see radical changes from the way previous babies were delivered. Instead of a compartmentalized, sometimes stark and sterile event for mother and newborn, Navy Medicine hopes to make birthing a comfortable and wholesome experience for the entire family.

Under the new Family-Centered Care Program, changes will be noticeable in almost every facet of the childbirth process, from preconception to postpartum care.

Family concerns will be paramount. As Navy healthcare providers design birth plans that meet the needs of their patients, Mothers, fathers, siblings and other family members will become active, educated participants every step of the way.

"We must realize that the birth of a child is the most important event in a family's life, and we must understand that we are invited guests for this wonderful event," said Cmdr. Martin McCaffrey, Medical Corps (MC), Navy specialty leader for neonatology and chairman of the perinatal advisory board, which is spearheading family-centered care. "We must also realize that there is no other program like a pregnancy where a family is so focused

on health."

With family-centered care, parents will be assisted in educating themselves to care for their new baby and his or her care. Families will have a private room throughout labor, with newborns staying in the room with their family after delivery.

Nursing staff will be cross-trained in all areas of childbirth to enable them to care for a mother and infant, and develop a more personal relationship while following a family's progress.

The perinatal advisory board is working closely with Surgeon General Vice Adm. Michael L. Cowan, MC, toward meeting family satisfaction needs and embracing the best practices of many civilian medical facilities.

How Navy facilities implement family-centered care will vary depending on budgets, construction and other infrastructure limitations. The medical and family-center practices, though, will be standardized throughout the Navy.

"As long as facilities have the program in place, mothers should receive the same level and type of care at a mater where they give birth," said Lt. Gina Savini, Medical Service Corps, program manager of the perinatal advisory board.

With more than 20,000 babies delivered in Navy facilities each year, this should be welcome news for families and caregivers alike.

Single Parents Day March 23

All Single Parents, Geographical Single Parents and their children are invited for an outing on the GTMO Queen to celebrate Single Parents Day on March 23 from 4-6 pm.

This is a potluck event, so please bring a dish. FMI contact IS1 Gallopas DWH 4230 AW 7337 or HM3 Bates DWH 7-2380 AW 5537. The next Single Parent Group Meeting is Friday, March 15 at 11am at the Windjammer.

NMCRS: Low Profile; High Impact

We won't announce

your arrival with a drum roll and trumpets. We won't send up any flares. In fact, we'll keep your visit quiet and confidential. We

operate so quietly that

you may not have heard of us recently. But our organization has been around for almost 100 years, and just last year, nearly 50,000 Navy and Marine Corps families passed through our doors and walked out with more than \$43 million in interest-free loans and grants, and lasting solutions to their emergency financial problems. We paid for food and shelter, vehicle repairs, household setup, emergency transportation, funerals, medical and dental expenses, and lots more.

We're the Navy-Marine Corps Relief Society. Our mission is to provide, in partnership with the Navy and Marine Corps, financial, educational, and other assistance to active duty and retired members of the Naval Services of the United States, and their eligible family members and survivors.

The Society also provides assistance in the form of budget counseling services, food lockers, referral services to other community resources, visiting nurses, and layettes (also known as baby tags) for new members of your family.

How do we pay for all of this assistance we provide? The Society is a private, nonprofit charitable organization that receives funding through the Secretary of the Navy's annual active duty and retired fund drives conducted each year during March. The Society also receives helpings, memorials, profits from Navy Balls, investments, receipts from Thrift Shop sales, and most significantly, the repayment of interest-free loans that our customers receive. We receive no government funding.

Please remember us in March during the annual fund drive in support of your Society and throughout the month ahead. Every dollar donated to the Navy-Marine Corps Relief Society translates into financial assistance available for your shipmates and their families in time of need. Thank you!

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This Week in Naval History

March 15

1865 - In largest amphibious operation of war, Union forces capture Ft. Fisher, NC.
1943 - Numbered fleet system established.
1947 - Ensign John W. Lee becomes first African American officer commissioned in regular Navy.
1966 - Establishment of Fleet Squadron Five in Vietnam

March 16

1911 - Hull of USS *Matsu* sunk at sea in deep water with full military honors.
1945 - Jose Iturriz declared seaman.
1966 - Launch of Gemini 8. First naval aviator Neil Armstrong flew on this mission.
Recovery was by USS *Lofgren F. Mason* (DD-852).

March 17

1898 - USS *Albatross*, first practical submarine, launched.
1942 - United States Naval Forces Europe established to plan joint operations with British.
1959 - USS *Shaw* (SSN-578) surfaces at North Pole

March 18

1945 - Operations begin 3 month Okinawa Campaign by destroying attack on Kyushu, Japan

March 19

1958 - USS *Oryzopsis* departs San Francisco for 14,000 mile trip around South Atlantic to U.S. flagships off Cuba.
1971 - Navy Department authorizes enrollment of women in Naval Reserve with working of yonson, under direction, or other essential ratings.
1982 - So-Nar gave Civil Engineering Corps command of Subcom

March 20

1831 - CDR George of *Peacock* negotiates first commercial treaty with King of Siam.
1922 - USS *Argo* recommissioned as *Landing*, Navy's first month carrier

March 21

1927 - Lucretia Waller becomes first woman Navy petty officer when sworn in as Chief Yeoman.
1939 - Navy installs and tests Sperry gyrocompass, the first instance of test of inertial gyrocompass

Presidential Proclamation

Women's History Month 2002

Women's History Month provides our country the privilege of honoring the countless contributions that American women have made throughout our history. These contributions have enriched our culture, strengthened our Nation, and furthered the Founders' vision for a free and just Republic that provides opportunity and safety at home and as an influence for peace around the world.

Since its beginning, our land has been blessed by noteworthy women who played defining roles in shaping our Nation. Sakajawea was a Native American woman who befriended the explorers. Meriwether Lewis and William Clark, 150 years ago as they crossed the great Northwest. She helped Lewis and Clark's expedition complete the first successful overland transcontinental journey. Lucretia Mott courageously wrote and spoke against slavery and the lack of equal rights for women, helping America recognize the inherent wrong in the institutional subjugation of others and the need to strive for equality, freedom, and justice for all. Elizabeth Blackwell was the first woman in America awarded a medical degree, and she dedicated her pioneering efforts as a physician to helping others.

Helen Keller overcame debilitating physical disabilities, showing us the power of a determined human spirit. And Clara Barton developed a vision for helping others through her service to the wounded during the Civil War, and she realized that vision by founding the American Red Cross after the war, an organization that has since become renowned for its effectiveness in helping those who suffer or are in need. Recently, the Red Cross reached out to aid Afghan women traumatized by the repressive rule of the intransigent Taliban regime, which for years had atrociously oppressed Afghan women and Afghan women in particular. Today, thousands of American women are furthering the cause of freedom through service in government, the military, and other organizations, as we seek to defeat terrorism and bring justice to those responsible for the September 11 attacks.

The history of American women is an expansive story of outstanding individuals who sacrificed much and worked hard in pursuit of a better world where peace, dignity, and opportunity can thrive. The spirit of self-determination that shaped these pursuits continues to serve as an example to those who seek to better our Nation. American women of strength, vision, and character have long influenced our country by contributing their time, efforts, and wisdom to truly diverse ways to improve and enhance our government and communities, our schools and religious and moral institutions, our businesses and the military, and the arts and sciences.

Women also have fundamentally shaped our civilization in the care and nurturing of families. Today, women in contemporary America are furthering the Founders' vision by working to advance freedom, increase equality, and administer justice in every corner of our land, through their everyday work in classrooms, boardrooms, courtrooms, homes, and communities.

As President, I am proud to recognize the many contributions American women have made to help make our Nation free, strong, and a force for peace and justice around the world. On this observance, March 20, 2002, I encourage every American to learn more about these important contributions, and to celebrate their noble legacies as we work to build a brighter future for our Nation and for all of the world's people.

NOW, THEREFORE, I, GEORGE W. BUSH, President of the United States of America, by virtue of the authority vested in me by the Constitution and laws of the United States, do hereby proclaim March 2002 as Women's History Month. I call upon all the people of the United States to observe this month with appropriate programs, ceremonies, and activities.

IN WITNESS WHEREOF, I have hereunto set my hand this sixth day of March, in the year of our Lord two thousand and two, and of the Independence of the United States of America the two hundred and twenty-sixth.

GEORGE W. BUSH



Sakajawea



Clara Barton



Helen Keller



Elizabeth Blackwell



Lucretia Mott

MSRC Military Spouse Resource Center

The following is a quote from Elaine L. Chao, Secretary of Labor: "The Department of Labor is dedicated to helping the spouses of active duty military personnel. We want to open up our training programs and placement services to those worthy partners in our military periphrases. Sometimes the availability of training and a good job for a spouse is the difference between a service member staying or leaving the military."

The Military Spouse Resource Center is being established to provide a one-stop location on the web for information and resources related to education, training and employment. MSRC will feature content that can be easily managed by editors in different locations and agencies. It can be localized as needed for a particular military facility to include discussion groups and one-stop career center events. It's focus will be to provide access to a broad collection of information and web resources as well as for highlighting and delivering new services under the Military Spouse Initiative. It will also encourage site partners to contribute scholarships and placement to military spouses.

This is a joint project between the Department of Labor's Women's Bureau, Employment and Training Administration, and Office of the Assistant Secretary of Policy in cooperation with the Department of Defense.

Our DoD Spouse Working Group consisting of all Service's SEAP Managers are working hard to bring continued improvements in the Spouse Employment Assistance Program. This is currently a test site and once complete will be a wealth of information and resources, not to mention education and employment opportunities.

To learn more about the Military Spouse Resource Center, log on to <http://testing.militaryspouse.org/>

Career Accelerator Aids Spouse Employment

By JO2 Mike Jones
Naval Air Station Jacksonville Public Affairs

Naval Air Station Jacksonville recently became one of two pilot test bases for a new spouse employment program called "Career Accelerator." The program is also being tested at Marine Corps Base, Quantico, Va.

Career Accelerator is designed to assist with military spouse employment and career development, and was created through the partnering efforts of the Department of the Navy (DoN) and Adecco, reportedly the world's largest civilian staffing company. This program is not to be confused with the Navy Recruiting Command "Life Accelerator," where prospective Sailors can log onto the Navy Recruiting Web site and complete a personal profile that matches their interests and skills with Navy jobs.

With approximately 1,400 Adecco offices in the U.S. alone, by using the Career Accelerator, military spouses can now receive numerous benefits, such as training, paid vacations and 401K plans, which go with them to different duty stations.

By enrolling with Adecco, Navy spouses receive skill assessments and training. Once they're registered in Adecco's database, the spouses are then matched to business staffing employment.

"This is truly a unique partnership," said Sally Patch, vice president of existing business workforce development for the Jacksonville Chamber of Commerce. "I'm not surprised

Jacksonville is where this partnership is happening. The Navy contributes in tremendous ways through their time and effort on our community. Everyone is a winner with this program."

Even before Career Accelerator began, the program saw an early success. For Diana Costello, whose husband is currently in training with Patrol Squadron (VPF) 30, the hunt for a new job proved fairly easy with Adecco.

"I was looking to secure an office job of some sort," Costello said. "My husband suggested I come to the base and speak with an employment counselor."

When she learned of Adecco's services, Costello enrolled and took a skills assessment test. Within three days, she was offered a temporary position with GELCO (Government Employees Insurance Company), which eventually turned into a job-proven position. "I would definitely suggest this program to any Navy spouse looking to advance their careers," she said.

"This is the first shot in the arm the spouse employment program had since 1985," said Rear Adm. Annette Brown, assistant commander, Navy Personnel Command for personnel readiness and community support. "I know this is going to work."

For more information on Career Accelerator, go to <http://usadecco.com/careeraccelerator>. For additional information on the Navy's Spouse Employment Assistance Program, go to <http://www.persnav.mil/perseid> and select the appropriate heading on the menu.

Follow Checklist to Negotiate Orders

NCCS(SW) John Drenning
Naval Station Command Career Counselor

Are you coming up on your orders negotiation window? Don't take this important career milestone lightly. There are many options to consider and your Command Resettlement Team wants to help you make the best decision for your career.

- ✓ Here are a few things I recommend that you do to prepare for your next career decision.
- ✓ Have ongoing discussions about your options with your spouse and family. Keep them involved in your decision and inform your Command Career Counselor early of any special needs you have with regards to family members.
- ✓ Talk with your Command Career Counselor, chain of command, and mentor about your career options.
- ✓ Twelve months prior to your Projected Rotation Date (PRD), update your Duty Preference Card via BUPERS ACCESS.
- ✓ Review the current and past three LDK magazines. The details put a lot of good information in this periodical. Check the back page to determine your detailing window or check the Command Career Counselor's Bulletin Board located outside Room 219 in Bulkeley Hall for the registration cycles.
- ✓ Familiarize yourself with the Job Advertising Selection System (JASS) and the current options program available to you.
- ✓ If you plan to submit an Overseas Tour Extension Incurrence Program (OTEP) request, or a request for a rating conversion, these should be submitted 12 months prior to your PRD. See your Department Career Counselor to begin either process.
- ✓ Ten months prior to your PRD, update your NAVPERS 1070-602 and all dependent information with PSD. This will ensure your PCS move fully funds your family and helps prevent unnecessary modifications to your orders.
- ✓ Personally contact your detailer nine months prior to your PRD by telephone or email. Stay in touch throughout your

detailing window and keep your detailer informed of any changes to your intentions.

✓ Use the JASS system. You will have five or six registration cycles in which you may apply for orders. I suggest you apply as early in your PRD window as you can. Remember that BUPERS policy is to have all Sailors under orders no later than six months prior to their PRD. If you do not negotiate orders by the six-month mark, the detailer can and will cut your orders in accordance with the needs of the Navy! You may view the regulations by logging on to www.bupersaccess.navy.mil and clicking on the view-only JASS link.

✓ When you are ready to apply for a billet, see your Department Career Counselor for a JASS request application. They will assist you in filling out the form that is then forwarded to the Command Career Counselor's Office for submission to BUPERS. You may apply for up to five different billets during any one registration cycle and it will take about a week to find out if you were selected for one of your choices.

✓ Be flexible, realistic, and career minded when applying for orders. Remember, if you still have more than six months of Prescribed Sea Time (PST) to complete at your PRD, GTMO's Command Detailer cannot send you to a shore duty command.

✓ Read through your orders as soon as they arrive as they are correct. Accept of all PCS orders is email to the member and to the Command Career Counselor's Office immediately upon receipt.

✓ Have PSD or the Admin Department funding is transfer.

✓ Complete all necessary screenings promptly to avoid problems as your detachment date approaches. Most screenings (overseas, recenter, Recruit Division Commander, Instructor, etc.) must be completed with a message forwarded to BUPERS within 30 days of receipt of your orders.

✓ Your orders will inform you as to the necessary obligated service (OBLISERV) requirement. If you desire to reenlist to meet the OBLISERV, see your Department Career Counselor to submit a reenlistment request chi AT LEAST 30 days prior to the desired reenlistment date. If you plan to extend to meet the OBLISERV, report as soon as possible to the customer service counter at PSD to sign your extension.

By following the recommendations listed above, you will avoid many of the common pitfalls associated with the orders negotiation process. This list is not an all-inclusive guide and is no substitute for honest, frequent communication with your chain of command, Command Career Counselor, and detailer. As you approach and enter your detailing window, I wish you the best of luck as you begin the exciting process of selecting your next Navy assignment. If you have any questions or need help in the detailing process, please feel free to contact the Command Career Counselor at ext. 4488 or via email at n41444@usn.mil.



Stay Navy!

Worship Services

Roman Catholic Mass

(Main Chapel)

Monday - Friday

Daily Mass (Cable Chapel) 0630

Saturday

Reconciliation 1430

Epiphany Mass 1730

Sunday

0700 (Main Chapel)

0900 (Main Chapel)

1100 (Main Chapel)

1300 (Main Chapel)

1500 (Main Chapel)

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March is Youth Art Month

The month of March has been designated Youth Art Month. This celebration of creativity incorporates not only the visual arts but the performing arts such as Music, Drama, and Dance.

Art education is more than

the creation

of

products;

it is an

essential

part of

educating

a child.

Research

has

shown

that the arts help

students develop proficiency in

critical thinking and aesthetic

judgment. In

studying a

variety of

works, they

come to

appreciate the

efforts of others and value

cultural diversity. By providing

our students with meaningful

artistic experiences in school,

we help them develop a mean-

ingful

life.

March

20th, from

4 to 6 pm in

the

Wingman

Ballroom.

There

will be a combined art

exhibit on

Wednesday,

March

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School Lunch Menu

Monday - Friday

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If You Build It They Will Come



Caban Grassquit (male)



Cuban Tody

Since March is National Craft Month, why not help your child build a bird feeder and enjoy watching nature together.

1. Wash and dry a half gallon cardboard milk carton.

3. Using a ruler, measure and mark a line 2½" down from the top edge of the carton on two adjoining sides. (See

5. Using a small hole punch, make two small holes in the very top edge of the carton.

8. Watch the birds enjoy the feast!



Power Sunroof, Runs and looks great.
Just towed and loaded \$2500.00. Call

(3) 18-ft Bayliner w/ 7- HP Johnson. Trailer and Fish Finder. \$3,000 OBO. Call 5552 FMI.

child care.

Want to go out, have a relaxing dinner alone, or maybe just a movie? Responsible child care available weeknights and weekends. Red Cross trained. Call Amanda @ 7892.

WANTED

"Music and art in the Schools" month. This would be a great opportunity for students to visit with community musicians. Contact Shirley Baggett at 2027 DWH or 7755 AWH.

LOST & FOUND

Back, wire-trimmed glasses, found on Skyline Dr. Can pick up in the Public Affairs Office. Call 4502.

Lost in the Chapel Hill parking lot or courtyard area on 2/24/02. Gold chain with agate (black and white stone) pendant. If found please call DWH: 4441 or AMH: 7630. *Great appreciation!*

Olympus Digital Camera lost at the SeaBee Ball Saturday, March 2. Please

YARD SALES

Friday, March 15 at NH 22A, 3pm - 6pm. Large variety of items for every room in your house! Child's wooden roll-top desk, GameBoy Color game system, Super Nintendo game system

... (with games!), clothing, shoes, kitchen items, toys, snorkeling gear and much more. Something for everyone! **CHEAP** prices! Everything Must Go!!!

ANNOUNCEMENTS

support group. You may be interested in joining M.O.M.S. (Ministry of Mother's Sharing), a Christian program designed to gather mothers of all ages together to form a network of mutual

support. M.O.M.S. provides personal and spiritual growth and a strong

the following results for the

warded 15 points and location of skimmer license

One civilian sited for excessive speed inside the industrial area, no Wake Zone. Awarded 5 points.

One military member sited for continuing a float plan or being in the area he reported to

ance of learning, praying and listening to each other. This would be a wonderful way to meet new people with common interests. Interested? Call Anne at 5418 or email anne@thechurch.org

Save Office Hours

Flight Schedule
Friday and Sunday
10:30am showtime
confirm all flights 24 hours before
departure by calling 4106 or

Customers of Kim Il

PERSONALS

been able to do and
and dissemination.

E-mail classified ads to
pao@usnhgtmo.navy.mil

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SNOW DOGS

Comedy
1 hr. 37 min.
Starring: Cuba Gooding, Jr.,
James Caan
Snow

The world's greatest team of sled dogs are about to get a new owner: Miami dentist Ted Jones. When Ted finds out that he's been named in a will, he travels to Alaska thinking he's going to be rich, but his dreams of wealth turn to mush: he's been left the racing dogs, who have got it in for him.



WE WERE SOLDIERS

Action/Adventure and Drama
2 hrs. 11 min.
Starring: Mel Gibson,
Bruce Willis,
Greg Kinnear,
Sam Elliott
We Were Soldiers

Based on the true story of Lt. Col. Hal Moore (Mel Gibson), who led 400 American soldiers into the first bloody battle of the Vietnam War.



THE ROYAL TENENBAUMS

Comedy
1 hr. 50 min.
Starring: Gene Hackman,
Danny Glover,
Anjelica Huston,
Bill Murray,
Gwyneth Paltrow
The Royal Tenenbaums

Royal Tenenbaum and his wife Etheline had three children: Chas, Richie and Margot - and then they separated. After two decades of betrayal, failure, and disaster (generally considered to be their father's fault), THE ROYAL TENENBAUMS tells the story of a family's sudden, unexpected reunion.



A BEAUTIFUL MIND

Drama
2 hrs. 15 min.
Starring: Russell Crowe,
Ed Harris,
Jennifer Connelly,
Adam Goldberg,
Paul Bettany
A Beautiful Mind

From the heights of notoriety to the depths of depravity, John Forbes Nash, Jr. experiences it all. A mathematical genius, he makes an astonishing discovery early in his career and stands on the brink of international acclaim. But he soon finds himself on a painful and harrowing journey of self-discovery after being diagnosed with schizophrenia.



Movies

FRIDAY, MARCH 15

7pm Snow Dogs
PG - 97min

9pm We Were Soldiers
R - 138min

SATURDAY, MARCH 16

7pm Kung Pow
PG13 - 82min

9pm The Royal Tenenbaums
R - 110min

SUNDAY, MARCH 17

7pm A Beautiful Mind
PG13 - 135min

MONDAY, MARCH 18

7pm Imposter
PG13 - 96min

TUESDAY, MARCH 19

7pm We Were Soldiers
R - 138min

WEDNESDAY, MARCH 20

7pm The Royal Tenenbaums
R - 110min

THURSDAY, MARCH 21

7pm A Beautiful Mind
PG13 - 135min



St. Patrick's Day Celebration

March 16th, 7pm - midnight
Windjammer opens to all hands
Rick's Lounge open to officers and civilian equivalents

Youth Center

March 16 - St. Patrick's Day Party
Liberty Center
March 17 - Chess Tournament
March 19 - Table Tennis Tournament
Call 2010 for more information.

Rick's Lounge

Rick's Lounge is open daily 4pm to midnight to officers and civilian equivalents only.

Ceramics & Pottery

Kids and Adults Classes available.

Open Monday-Friday, 9am to 5pm

Saturday & Sunday 2 to 5pm

Easter Egg Hunt & Family Fun Day

Saturday, March 22

Croquet Field, 10am

Free Kayaking Lessons

Every Saturday and Sunday at the Marina, 2 to 4 pm and 6 to 8 pm. Beginners through advanced. Qualified instructors take you through the steps to become a qualified kayaker. Sign up at the Marina or call 2345.

Free Sailing Lessons

Every Saturday and Sunday at the Sailing Center. Learn to enjoy the bay to be one of our high speed Zanes, Hunters or Catalas 27s. Qualified instructors help you attain basic to advanced skipper licenses. Call 2345 to sign up.

Total "Fitness" Camp

Daniel Open Mondays & Wednesdays

6:15-7:15 am.

Yog Ultimate Stretch Classes

Marine Hill Aerobics Room

Mon., Wed. and Fri., noon to 1 pm.

Aerobics Classes

Marine Hill Aerobics Room - (Basic Step)
Mon., Wed., Fri., 6 - 7 am. (Interval Monday)
Friday 8:30 - 9:30 am (Adv. Step Mon., Wed., Fri. 8:15 - 9:15 pm. (Circuit) Saturday 9:15 - 10:15 am.

Painball Tournament

March 15 - Spring Paint Slingshot Paintball Tournament at Croquet Field, open. No Equipment Rental Fees Field Paints Only. Advanced & 1st round. Refreshments available. Captains meeting 6 pm, March 14. Need practice? See us every Sunday at the Paintball Range 1 to 2 pm.

Tax Kwon Do

Marine Hill Aerobics Room

Children - Monday - Friday, 4-5pm
Adults - Monday - Friday, 6:30-7:30pm
All ages - Mon., Wed., & Fri., 11am to noon.

GDC

Sunday, March 16, 6:30pm to midnight. A recreation fee of \$2.50 is due by Wednesday, March 13 to hold a spot for your child. \$2.50 per hour for first two hours. Three hours or more, \$2.2.

For more information, on any of the events listed above, call 3225.